

SAMPLE MILD TBI/CONCUSSION LEARNING ACCOMMODATIONS PLAN

Student Name: _____

Date of Evaluation: _____

As you know, the student named above has recently suffered a concussion and may have the following symptoms from the injury: headaches, nausea, fatigue, visual problems, balance problems, sensitivity to light or noise, dizziness, feeling mentally foggy, problems concentrating or remembering, irritability, sadness, nervousness, drowsiness and feeling easily overwhelmed. The signs and symptoms of a concussion can persist for days to weeks and can greatly affect learning. Sometimes symptoms may persist for months or longer. We ask you to please make the following accommodations to aid in the recovery process:

GENERAL RECOMMENDATIONS

- No school until specified, to be reviewed on _____
- Abbreviated daily class schedule (every other day, shortened day)
- No physical education classes (Including weight training, aerobics, yoga)
- Consider reducing make-up work
- No testing (e.g., midterms, finals, standardized) during recovery period, until student is cleared

RECOMMENDATIONS FOR COGNITIVE ISSUES

- Provide extended time to complete assignments and/or shortened assignments
- Provide extended time to take tests in a quiet environment
- Provide a quiet environment to take tests
- Provide written instructions for homework
- Provide class notes by teacher or peer
- Allow utilization of notes for test taking due to memory issues
- Consider using tape recorder for note taking

RECOMMENDATIONS FOR FATIGUE/PHYSICAL ISSUES

- Allow time to visit school nurse for treatment of headaches or other symptoms, if needed
- Allow rest breaks during the day, if needed
- Allow "hall passing time" before or after the crowds have cleared
- Allow student to wear sunglasses indoors to control for light sensitivity
- Allow student to take lunch in quiet space to allow for rest and control for noise sensitivity

RECOMMENDATIONS FOR EMOTIONAL ISSUES

- Share progress and difficulties with parents, school nurse, counselor, physician, and athletic trainer
- Develop an emotional support plan for the student, this may include an adult with whom he/she can talk if feeling overwhelmed

If student symptoms require ongoing accommodations, consider contacting your district or building 504 coordinator to determine if a 504 plan would be beneficial. If symptoms last 45 days or more, contact your Oregon Regional TBI Liaison (tbiteam@wou.edu).